



**What's New** This section will keep you up-to-date on the most current happenings in Recreational Sports.

**Special Offers** Check this section for great deals on Rec Sports programs and services happening throughout the month!

**Activity of the Month** Familiarize yourself with some of the programs offered through the Department of Recreational Sports.

**Healthy Matters** Healthy Matters is an educational poster series intended to increase health knowledge and awareness. This section will highlight some of the monthly tips.

## What's New

### Healthy Matters November Events for Residence Hall Students

Join us for a free exercise and nutrition seminar!

Date: November 15<sup>th</sup>, 2006

Time: 7:00pm – 8:00pm

Place: Residence Hall Commons Area

Topics include: FITT principles, Balance, and Portion control & Moderation

### Flu Shot Drive

Get a free flu shot courtesy of Employee Benefits, Boynton Health Services, School of Nursing, and College of Pharmacy.

Date: November 6<sup>th</sup>, 2006

Time: 8:00 am – 5:00 pm

Place: Aquatic Lobby

Walk-in flu shot to keep you healthy through the winter! Bring your UCard, get your flu shot, and get a cookie!

### November 2006 Building Hours

#### University Recreation Center

|                 |                   |
|-----------------|-------------------|
| Monday-Thursday | 5:45am – 11:00pm  |
| Friday          | 5:45am – 10:00pm  |
| Saturday        | 8:00am – 7:00pm   |
| Sunday          | 11:00am – 10:00pm |

#### St. Paul Gymnasium

|                 |                   |
|-----------------|-------------------|
| Monday-Thursday | 5:45am – 11:00pm  |
| Friday          | 5:45am – 10:00pm  |
| Saturday        | 8:00am – 7:00pm   |
| Sunday          | 11:00am – 10:00pm |

Facilities will be **closed** November 23 and 24. November 25 and 26 will have adjusted hours as follows:

Saturday, November 25: 10:00 am-4:00 pm      Sunday, November 26: 12:00 pm-5:00 pm

For specific area hours, including pool schedules, visit our [Hours web page](#).

### Aquatics November 2006 Special Event Schedule

| Date        | Time  | Facility                  | Event                           | Sponsor                                       |
|-------------|---|---------------------------|---------------------------------|---|
| 11/8-11/06  | 6:00 pm<br>12:00 noon   | University Aquatic Center | Girls Section Finals            | MSHSL/South High School                       |
| 11/17-19/06 | 12:00 noon/ 6:00 pm<br>11:00 am/ 6:00 pm<br>10:00 am/ 3:00 pm | University Aquatic Center | Minnesota Invitational          | Minnesota Intercollegiate Athletic Department |
| 11/20-22/06 | 12:00 noon<br>6:00 pm   | University Aquatic Center | MSHSL Girls State Championships | MSHSL   |

\*The Minnesota Invitational is the only event for November that is free to the public. Event fees will be charged for the MSHSL events.

\*This schedule is subject to change. For more Special Event Information, please call 612-626-1352.

## Special Offers

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### November 2006 Courtside Café Specials

Stop by the Courtside Café in the University Recreation Center for the following deal:  
Free 12 ounce coffee with any purchase during the hours of 7:00-8:00 am and 7:00-8:00 pm.

### Free Body Composition Tests

Offered to members on the following dates:  
11/14/06 – University Recreation Center  
11/21/06 – St. Paul Gymnasium

Times are to be determined. Contact [Kristina Hefty](#) or call 612-624-4544 for more information.

### Free Core Body Workshops

Offered to members on the following dates:  
11/15/06 – University Recreation Center  
11/22/06 – St. Paul Gymnasium

Times are to be determined. Contact [Kristina Hefty](#) or call 612-624-4544 for more information.

### Facility Tours

Tours of the University Recreation Center are available during all open building hours. Stop by the Member Service Office located in the lobby of the Rec Center for drop-in tours. If you would prefer to arrange for an appointment, email [Sandy Terhune](#), or call 612-626-8993.

For a tour of the St. Paul Gymnasium, email [Andrea Caven](#) or call 612-624-7880.

### Equipment Orientation

Have you ever wondered how to properly use the equipment in the fitness centers? To sign up for an Equipment Orientation, email [Kristina Hefty](#) or call 612-624-4544.

## Activity of the Month

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### Squash Club!

The primary mission of the Squash Club is to provide

- a welcoming environment for players of all levels
- information and support for every player
- informal guidance/instruction by veteran players
- a place to find other players of comparable ability
- various events throughout the school year that offer fun, competition, and foster a community spirit within the Recreation Center.



Squash Club open play times:  
Monday-Thursday: 4:00-8:00 pm  
Saturday: 12:00-2:00 pm

During these times, a round robin format is typically used, giving players an opportunity to compete with several other players and have access to the courts. Practice drills and other instruction may also be included during club hours.

For students who have taken the squash class offered by the PE department, club time presents an opportunity and a way to take another step in learning the game. Come join us in playing the best racquet/court sport there is!

## **Healthy Matters**

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### **Balance Tip - Understanding My Pyramid and the Dietary Guidelines**

In 2005 the United States Department of Agriculture updated its nutrition information for Americans, which consists of My Pyramid and the Dietary Guidelines. Americans can now create custom food pyramids by entering age, sex, and activity level information. Simply visit the easy to use website at [www.mypyramid.gov](http://www.mypyramid.gov). Answers to nutritional questions are just a click away!

If you would like to subscribe to this monthly newsletter, email [recsport@umn.edu](mailto:recsport@umn.edu) and type "Subscribe Member Newsletter" in the subject line.

Questions or comments? Email us at [recsport@umn.edu](mailto:recsport@umn.edu) or call 612-626-8993.